





BodyWorks in Davis County



A program created to

PROMOTE healthy nutritional habits

and physical activity

PROVIDE healthy lifestyle skills/tools

IMPROVE health and nutrition literacy

INCREASE positive body-esteem

in adolescents, kids, parents & families!

1. Parents are an important influence on their children's eating and activity habits



Why Body Works?

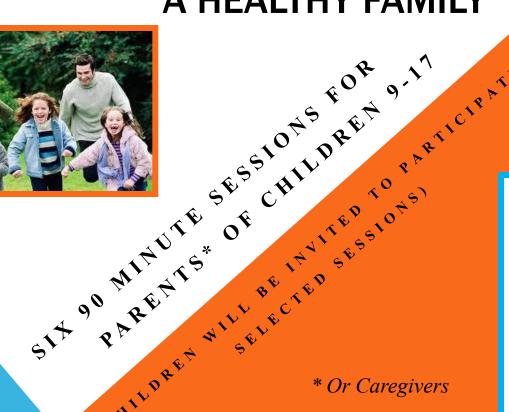


2. Healthy kids become healthy teens & healthy teens become healthy adults



3. Healthy attitudes and behaviors are best sustained in small steps

BODYWORKS: TOOLS TO BUILD A HEALTHY FAMILY





Program Topics Include:

- You Are Worth It
- **Look Around You: Your Environment**
- **Nuts and Bolts of Healthy Eating**
- **Fun and Physically Active/Sustaining Change**
- Plan, Shop, Cook and Eat **Together**
- **Media Literacy**



See Current Schedule for Session Dates

BODYWISE: BUILDING A HEALTHY RELATIONSHIP WITH FOOD, YOUR BODY AND EACH OTHER



Program Topics Include:

- Media and Reality
- Recognizing Fat Talk
- **Building** a Healthy Relationship With Food
- Shake It Up!





See Current Schedule for Session Dates



PRIMARY AUDIENCE

Parents or Caregivers

SECONDARY AUDIENCE

Adolescent girls and boys Kids age 9-11 Other family members

BodyWorks...

- Provided and facilitated by Davis County Health Department
- Sessions are led by registered trainers
- Currently available at NO-COST for families in Davis County



Questions?

Davis County Health Department

Health Promotion

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